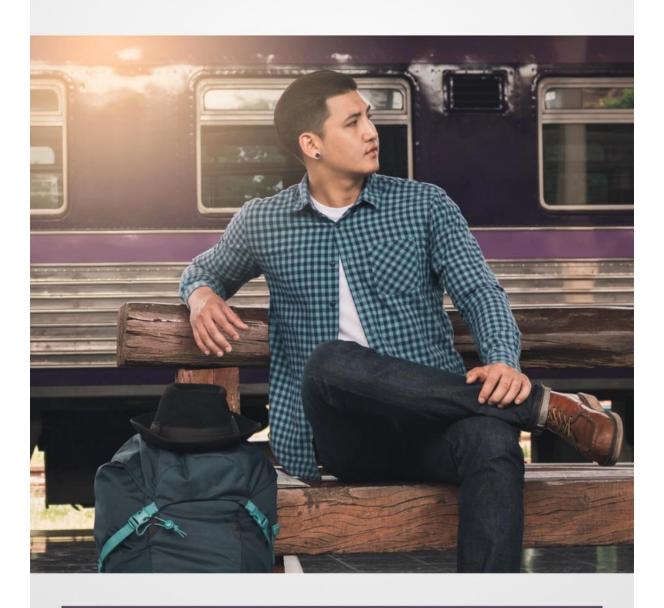
# THINGS WILL GO

POEMS ABOUT LOSING THINGS, PEOPLE, AND PLACES



BY TRADITIONALBODYWORK.COM



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There are things we don't want, but need to accept. Things we don't know, but need to learn. And people we love, but need to let go.



### **Preface**

Since I was a small child, my life has been characterized by moving from one place or country to another.

Continually letting go of friends, family, my surroundings, and personal belongings became a deeply ingrained part of my life.

The poems in this book were written in 2012, and reflect my feelings and experiences around "loss," about needing to let go and adapt, about "moving on."

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#### **About the Author**

I initially studied Information Technology in the Netherlands and worked seventeen years in software and database development for a variety of international companies and organizations.

In 2009, I left Holland for good, and discovered the beauty and healing power of Thai Massage and Reusi Dat Ton (Thai Yoga) in Thailand. It changed my life's direction and inspired



me to become a massage and yoga practitioner and teacher.

After my return to Europe, I started offering treatments and training, and — for about a decade — regularly returned to Thailand to further my training in the Thai healing arts.

In 2018, I co-founded the TraditionalBodywork.com website as a platform to publish articles, eBooks, and Video Workshops about Thai Massage and Reusi Dat Ton.

Today, I also publish works about other types of massage and bodywork, somatic practices, alternative and complementary therapies, nature, spirituality, and unconventional lifestyles.

In addition, I share essays, poems, and reflections about my personal life experiences.

You can learn more about my background and about the website through <a href="https://www.traditionalbodywork.com/">https://www.traditionalbodywork.com/</a>



# Poems about Losing Things, People, and Places

# **Things Will Go**

How can love turn into hate

and hate in apathy and apathy in rape bringing forth a newborn child

isn't life just telling me

that nothing stays in same old ways that things will come and things will go

that life will die and death also.



## **What Is Love**

**W**hat is love but a whim and a fairy tale

change of hearts change of roads and off we go

what is love but a drill and necessity

change of minds change of ways and end of show

what is love but a glimpse of eternity

chains of souls breaking loose and there we go.



## **Paradise Now Lost**

I needed to let go take the train at any cost

I knew it meant to say goodbye paradise now lost

I made the trip I felt the chill this icy frost

I knew it meant a new beginning paradise now tossed.



## **This Place**

I came and saw this place rhythm, pleasant pace

I saw the people smile, a friendly face living smoothly in a maze

I came and saw
I took a walk
no one there to talk

I saw the people angry, troubled faces I was slipping through the mazes

I came and saw this place and then there was the chase.